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## Contributors 作者及攝影師簡介

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### RACHEL READ

A Hong Kong-based writer with more than a decade's experience, Rachel has contributed to Hong Kong Tatler, South China Morning Post and Jetstar magazine, and she runs lifestyle blog Through The Looking Glass, giving her the perfect excuse to visit the best restaurants and spas in town. In this issue of AMBROSIA, Rachel explores how time can improve the taste of meat.

Rachel是香港的自由作家，擁有10多年撰稿經驗，作品見於《Hong Kong Tatler》、《南華早報》、《Jetstar》等，她還撰寫網誌《Through The Looking Glass》，讓她有藉口到訪知名的餐廳及水療中心。在今期的《AMBROSIA客道》，Rachel探討時間如何讓肉類的味道更可口濃郁。

### EDGAR TAPAN

With more than 20 years of experience, Edgar specialises in portraiture and interiors photography, working alongside many accomplished architects, designers and decorators. For AMBROSIA, he focuses on the celebrated Roca brothers of Spain – the dynamic trio behind El Celler de Can Roca, currently the world's most acclaimed restaurant.

Edgar擁有20年攝影經驗，擅長拍攝人像和室內設計的圖片，他曾與多位建築師、設計師和室內裝飾師合作。在今期的《AMBROSIA客道》，他的拍攝對象是譽滿全球、來自西班牙的Roca三兄弟，他們是著名餐廳El Celler de Can Roca的幕後推手。

### KATE WHITEHEAD

Author of two Hong Kong-based crime books, Kate is former editor of Cathay Pacific's inflight magazine, Discovery. As a freelance journalist, she contributes to international media outlets such as BBC Travel, Forbes, Time and Travel + Leisure. In this issue, Kate discovers how the Roca brothers' unbridled creativity has contributed to El Celler de Can Roca's success.

Kate著有兩本香港犯罪書籍，她曾任職國泰航空機艙雜誌《Discovery》的編輯。她目前是自由作家，為多家國際媒體撰稿，包括《BBC Travel》、《福布斯》、《時代雜誌》及《Travel & Leisure》等雜誌。今期她為我們發掘Roca三兄弟如何以無限創意，令El Celler de Can Roca聲名大噪。



### JULIANA LOH

Juliana is a writer based in Macau, and she has contributed to the South China Morning Post, Saveur and Lonely Planet. Also an adjunct lecturer at IFT-Macao's hospitality school, Juliana is married to a chef, and the couple's culinary adventures include annual Michelin road trips across Europe. In this issue, she investigates the global trend in sensory dining.

居於澳門的作者Juliana，作品曾刊登於《南華早報》、《Saveur》及《Lonely Planet》等，她亦在澳門旅遊學院擔任客席講師。Juliana的丈夫是一位廚師，他們每年都會到歐洲各地品嚐米芝蓮餐廳的佳餚。今期，她探討風靡全球的五感美食體驗。

### RACHEL DUFFELL

Hong Kong-based journalist Rachel writes about lifestyle, people, fashion, art and design, but most of all she enjoys musing on her many adventures in the great outdoors, at the table and on the road. In this issue of AMBROSIA, she discovers how Nordic cuisine is making its subtle but significant mark on the international culinary scene.

Rachel是香港的記者和編輯，擅長撰寫生活、人物、時裝、藝術和設計為主題的文章，但她還是最喜歡思索自己在野外、餐桌上及旅途上的冒險歷程。在今期的《AMBROSIA客道》內，她帶領讀者了解北歐美食如何慢慢地在國際的餐飲業界中成為舉足輕重的一員。

### JADE LEE-DUFFY

Canadian Jade has lived in Hong Kong for more than 10 years, writing about food, restaurants, home decor and culture, and she was previously an editor for the South China Morning Post, Silkroad, CityLife and Privé Asia. Jade has loved cooking and discovering new ingredients since childhood. In this issue, she embraces the many joys of spicy chilli peppers.

加拿大作者Jade曾於香港居住超過10年，她專門撰寫有關美食、餐廳、家居佈置和文化等專題報道，更曾任職《南華早報》、《絲路》雜誌、《CityLife》和《Privé Asia》的編輯。自小Jade便熱愛烹飪，亦不斷發掘新的食材。今期，她解構多種辣椒和辣椒粉的不同風味。